NOVEMBER 12 - 18, 2006 | AMERICANPROFILE.COM

# American Profile

# Millianes Badlands

Dayton O. Hyde makes sure they still run free

#### INSIDE:

- Bill Thomas, writer of 'Kangaroo' music
- Peppermint stick cookies

FEATURE: Bob Burns is truly your average American.

#### Ask American Profile

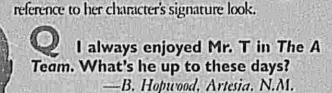
What has Catherine Bach been doing since The Dukes of Hazzard TV show?

Since playing Daisy Duke in

-Rebecca Musick, Raven, Va. **Actress Catherine Bach** the 1980s series, Bach, 52, has remained out of the spotlight. She spent most of the '90s raising her two young daughters, and in 1998, she and her husband, Peter Lopez, became founding members of C.O.A.C.H. For Kids, which provides free medical services via mobile clinics for children and their families in low-income areas of Los Angeles County. Bach made

many of the outfits she wore on The Dukes of Hazzard, including the

cut-off short-shorts that came to be referred to as "Daisy Dukes" in



Mr. T, 54, is back on TV this fall as a self-help guru, traveling the country to dispense his brand of tough love to those in need on the new TV Land series I Pity the Fool, which premiered in October. "I inspire, motivate and get people started," says the newly slimmed-down star, who doesn't have a doctorate but claims a "street degree" in helping the less fortunate.

Mr. T is back on TV in I Pity the Fool.

#### Reba is a "Giant" on CMT

The spotlight shines on Reba McEntire when CMT honors this star of movies, Broadway, television and country music in the two-hour special CMT Giants-Reba. Dolly Parton, Paith Hill, Trisha Yearwood, Kelly Clarkson, Martina McBride, Jennifer Nettles, LeAnn Rimes and Wynonna perform some of Reba's biggest hit songs, and there'll be a special performance by the beloved redhead herself. CMT Giants-Reba premieres Saturday, Nov. 18, at 7 p.m Central.

There was a TV movie about John Denver starring Gerald McRaney as his father. But who played John?

-Harold Morris, Van Buren, Ark.

Chad Lowe, the younger brother of actor Rob Lowe, played the folk/pop singer in Take Me Home: The John Demer Story, which aired in 2000. Denver, whose hit songs included

"Take Me Home, Country Roads," "Rocky Mountain High" and "Thank God I'm a Country Boy," died in 1997 when the airplane he was piloting crashed off the coast of California.



Can you please tell me the whereabouts of the actor who played the boy in Shane? -Mary Lon Wright, Olney, Ill.

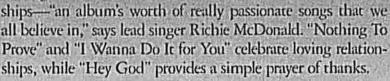
Brandon De Wilde, the actor who memorably portrayed young Joey in the 1953 movie Shane, received an Oscar nomination for that role and went on to star in his own shortlived TV series, Jamie, later that year. De Wilde, who also appeared

Brandon De Wilde in the films All Fall Down and Hud, was in Denver on the way to perform in the play Butterflies are Free when he was killed in a car accident in 1972 at the age of 30.

#### JUST RELEASED...

Lonestar makes a musical 'Mountain'

The country group Lonestar has built a musical legacy on heartfelt anthems of family, love and fidelity. Montains, the band's ninth album, salutes ordinary people overcoming obstacles and hard-



\* Cover photo by Dick Kettlewell

#### Want to know more about a celebrity or public figure?

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#### **ILLINOIS**

Christmas Market—Carlinville, Dec. 1-3. Get in the holiday spirit with seasonal decorations, arts & crafts, carolers, strolling entertainers, carriage rides, Santa's house, historical tours and food on the town square. (217) 854-6663.

#### INDIANA

Christmas Wonderland—Osgood, Dec. 2-3. View Christmas light displays and a live Nativity by Hopewell Baptist Church, visit with Santa Claus, and take carriage ricks at the Ripley County Fairgrounds. (812) 689-6535.

#### IOWA

Lorie Line & Her Pop Chamber Orchestra—Ames, Nov. 19. Enjoy this holiday extravaganza titled "For Unto Us A Child Is Born," which explores traditions of the season and features favorite carols at Iowa State Center's Stephens Auditorium. (877) 843-2368.

#### KANSAS

Trail of Lights—Great Bend, Nov. 18-Dec. 25. Marvel at light displays at The Twelve Days of Christmas, Wild Lights at the Zoo and Toyland, plus view international Santas at Santa World. (620) 792-2750.

#### **MICHIGAN**

Victorian Sleighbell Parade & Old Christmas Weekend—Manistee, Nov. 30-Dec. 3. Celebrate the season with a parade, historic building tours, a Babes in Toyland production, festival of trees, concerts and exhibits. (800) 288-2286.

#### MINNESOTA

Holiday Stroll—Red Wing, Nov. 24. A pancake breakfast, lighting ceremony, arrival of Santa and Mrs. Claus, chili feed, live Nativity scene, carolers and evening parade highlight this event. (651) 388-7737.

Submit Happenings to: www.americanprofile.com/happenings or Happenings, 341 Cool Springs Blvd., Ste. 400, Franklin, TN 37067 Submissions must be received four months prior to the event.

#### MISSOURI

Spirit of Christmas Past Heritage Homes Tour—Independence, Nov. 24-Dec. 22 and Dec. 26-30. Visit the 1859 U.S. Marshal's home, the 1855 Bingham-Waggoner Estate and the Vaile Victorian Mansion, all decorated for the holidays. (800) 748-7323.

#### NEBRASKA

Winter Wonderland—North Platte, Nov. 27-Dec. 24. Watch Santa Claus and his elves in their workshop, take carousel rides, and enjoy roasted marshmallows, hot chocolate or cider, popcorn and cookies at Cody Park. (308) 535-6772.

#### NORTH DAKOTA

North Star Classic—Valley City, Nov. 30-Dec. 3. Enjoy a cattle show and sales, pen showcases, merchandise exhibits, and a dinner show with Steve Hall, Shotgun Red the pupper and the band. (800) 437-0218.

#### OHIO

Dickens of a Christmas Festival— Toronto, Nov. 18-Dec. 17. Experience Victorian-era culture and events including the musical *A Christmas Carol*, a home tour, luminary ceremony, high tea and Dickens Ball. (740) 537-4355.

#### SOUTH DAKOTA

Walk in the Park: Exploring Eagles—Yankton, Dec. 9. Learn about eagles—what they eat, how they live and why they migrate to the area—at the Lewis and Clark Recreation Area Welcome Center, (605) 668-2985.

#### WISCONSIN

Doll & Teddy Bear Show & Sale—Milwaukee, Dec. 3. Browse antique and collectible dolls, toys and bears, doll clothes and furniture, paper dolls and books, plus have dolls appraised at American Serb Hall. (920) 563-0046.

Read more Happenings at American Profile.com

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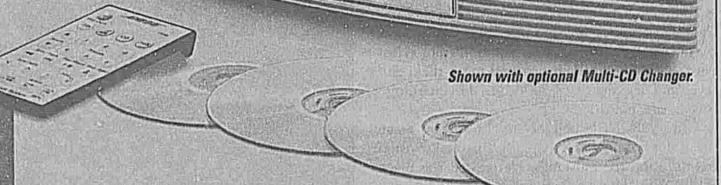
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# Hero Wild RARVENEN Hero Willstain Softhe Badlainds

lt's rugged country fit more for beast than man. In the remote South Dakota badlands, once sacred to American Indians who stalked buffalo on its plains, coyote howls echo off the walls of deep canyons—and 500 wild mustangs run free, thanks to former brone rider, bullfighter, cattle rancher and rodeo photographer

Dayton O. Hyde.

In the late 1980s, Hyde was driving through California on a trip to buy cattle when he passed a huge government holding pen where wild horses were corralled to protect federal land from excessive grazing. "It made me so mad to see them sadeyed and dejected that I decided to do something," says Hyde, now 81.

In 1988, Hyde bought an 11,000-acre ranch near Hot Springs, S.D. (pop. 4,129), to take in and release captured mustangs. He created the Black Hills Wild Horse Sanctuary to protect not just wild horses and the prairies, but also America's

equine heritage.

"These horses represent our Western history," he says, "and it's important to keep this link with the past, to keep this old blood alive. Someday we will want to go back to the mustang to re-infuse their 'smarts' and hardiness into our domestic horses."

To keep the sanctuary's horse population in check, Hyde sells some of the foals each year. Proceeds from the sales and money collected through volunteer-guided tours support the sanctuary, which is one of the few spots in the world where people can see large herds of appaloosas, paints, palominos and other wild horses roaming and romping on the open range, watch golden eagles soaring above sandstone cliffs and witness an age-old American Indian

"Horses represent our Western history," says Dayton Hyde.

tradition.

Each summer, some 400 Lakota Sioux set up teepees along the Cheyenne River and hold an annual Sun Dance ceremony, a religious ritual honoring community, courage and endurance. "I can hear the drumming and chanting clear down in the prairie house where I live," says Hyde, who extended an invitation in 1998 for the Sioux to convene on his property.

The sanctuary's scenery is so spectacular that Ted Turner made the 1995 movie *Crazy Horse* on Hyde's property, leaving behind the replica of Fort Robinson built for the production. Disney filmmakers shot scenes of the Wounded Knee massacre for *Hidalgo* at the sanctuary.

Growing up in Marquette, Mich. (pop. 19,661), far from the Old West, Hyde always was fascinated with horses and ranch life. Eager to become a cowboy, he ran away from home at age 13 to live on his uncle's Oregon cattle ranch in the late 1930s. Hyde caught and broke mustangs for ranch work and took over his uncle's spread. Later he became a brone rider, rodeo clown and rodeo pho-

tographer—and a celebrated one at that. Lying flat in the arena and shooting straight up, he captured dramatic, low-angle photos of bucking broncs with all four of their feet off the ground, and often put himself in great danger in pursuit of the perfect image.

"I would get bulls coming over the top of me," recalls Hyde, whose photos appeared in *Life* magazine and later were included in his autobiography, *The Pastures of Beyond*, which detailed his evolution from riding to rodeo, photography and wild-horse ranching.



Now, says Hyde, these horses can "race around and be free."

Some 500 wild mustangs range on the II,000-acre Black Hills Wild Horse Sanctuary in South Dakota.

Today, Hyde's love of the land and horses has inspired others. Susan Watt visited the sanctuary more than 10 years ago and has been its volunteer program development director ever since. "I was so impressed with what Dayton had done to protect these horses that I wanted to learn as much as I could from him," says Watt, 58.

Hyde himself has traveled a long way since he was a young cowboy who longed to capture and tame wild horses. Nowadays, all his dreams are about keeping them wild and unfettered.

"I owe these horses a lot of joy in my life," says Hyde, who has found a way to pay them back. "Now they have a home that can never be developed, where they can race around and be free."

Karen Karvonen is a writer in Englewood, Colo.

Visit www.wildmustangs.com for more information.

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INDICATIONS AND USAGE

SPIRIVA HandiHaler (tiotropium bromide inhalation powder) is indicated for the long-term, once-daily, maintenance treatment of bronchospasm associated with chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema.

CONTRAINDICATIONS

SMRNA Hand#later (botropium bromide inhalation powder) is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, including (pratropium, or to any component of this product. WARMINGS

SPRRVA HandiHater (liotropium bromide inhalation powder) is intended as a once-daily maintenance treatment for COPD and is not indicated for the initial treatment of acute episodes of bronchospasm, i.e., rescue therapy.

Immediate hypersensitivity reactions, including angioedema, may occur after administration of SPWWA. If such a reaction occurs, therapy with SPWWA should be stopped at once and alternative treatments should be considered.

Inhaled medicines, including SPRIVA, may cause paradoxical bronchospasm. If this occurs, treatment with SPIRIVA should be stopped and other treatments considered.

PRECAUTIONS

As an anticholinergic drug, SPIRIVA (butroplum bromide inhalation powder) may potentially worsen symptoms and signs associated with narrow-angle glaucoma, prostatio hyperplasia or bladder-neck obstruction and should be used with caution in patients with any of these conditions.

As a predominantly renally excreted drug, patients with moderate to severe renal impairment (creatinine clearance of ≤50 mL/min) treated with SP#RNA should be inonitored closely (see CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations, Renally-impaired Patients). Information for Patients

It is important for patients to understand how to correctly administer SPRIVA capsules using the Handillater inhalation device (see Patient's Instructions for Use). SPRIVA capsules should only be administered via the Handillater device and the Handillater device should not be used for administering

Capsules should always be stored in sealed bisters and only removed immediately before use. The bister strip should be carefully opened to expose only one capsule at a time. Open the bister fol as far as the STOP line to remove only one capsule at a time. The drug should be used immediately after the packaging over an individual capsule is opened, or else its effectiveness may be reduced, Capsules that are inadvertently exposed to air (i.e., not intended for immediate use) should be discarded.

Eye pain or discomfort, blurred vision, visual halos or colored images in association with rice eyes from conjunctival congestion and corneal edema may be signs of acute narrow-angle glaucoma. Should any of these signs and symptoms develop, consult a physician immediately. Miglic eye drops alone are not considered to be effective treatment.

Care must be taken not to allow the powder to enter into the eyes as this may cause blurring of vision

SPIRIVA Handi Hater is a once-daily maintenance bronchodilator and should not be used for immediate relief of breathing problems, i.e., as a rescue medication.

Drug Interactions

STRIVA has been used concomitantly with other drugs commonly used in COPO without increases in adverse drug reactions. These include sympathomimetic branchodiators, methyltanthines, and oral and inhaled steroids. However, the co-administration of SPIFVA with other anticholinergic-containing drugs (e.g., ipratropium) has not been studied and is therefore not recommended.

Drug/Laboratory Test Interactions

Carcinogenesis, Mutagenesis, Impairment of Fertility

No evidence of turnorigenicity was observed in a 104-week inhalation study in rats at tiotropium doses up to 0.059 mg/kg/day, in an 83-week inhalation study in female mice at doses up to 0.145 mg/kg/day, and in a 101-week inhalation study in mate mice at doses up to 0.002 mg/kg/day. These doses correspond to 25, 35, and 0.5 times the Recommended Human Daily Dose (RitibD) on a mg/m² basis, respectively. These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation studies.

Tiotropium bromide demonstrated no evidence of mutapenicity or classogenicity in the following assays: the bacterial gene mutation assay, the V79 Chinese hamster cell mutagenesis assay, the chromosomal aberration assays in human hymphocytes on vitro and mouse micronucleus formation in vivo, and the unscheduled DNA synthesis in primary rat hepatocytes in wito assay.

In rats, decreases in the number of corpora lutea and the percentage of implants were noted at inhalation totropium doses of 0.078 mg/kg/day or greater (approximately 35 times the RHDD on a mg/m² basis). No such effects were observed at 0.009 mg/kg/day (approximately 4 times than the RHDD on a mg/m² basis). The tentility index, however, was not affected at inhalation doses up to 1.689 mg/kg/day (approximately 760 times the RHDD on a mg/m² basis). These dose multiples may be overestimated due to difficulties in measuring deposited doses in animal inhalation studies.

Pregnancy Category C
No evidence of structural alterations was observed in rats and rabbits at inhalation botropium doses of up to 1.471 and 0.007 mg/kg/day, respectively. These doses correspond to approximately 660 and 6 times the recommended human daily dose (RHDD) on a mg/m\* basis. However, in rats, fetal resorption, litter loss, decreases in the number of live pups at birth and the mean pup weights, and a detay in pup sexual maharation were observed at inhalation botropium doses of 2.0.078 mg/kg (approximately 3.5 times the RHDD on a mg/m\* basis). In rabbits, an increase in post-implantation loss was observed at an inhalation dose of 0.4 mg/kg/day (approximately 3.50 times the RHDD on a mg/m\* basis.) Such effects were not observed at inhalation doses of 0.009 and up to 0.088 mg/kg/day in rats and rabbits, respectively. These doses correspond to approximately 4 and 80 times the RHDD on a mg/m\* basis, respectively. These dose multiples may be over-estimated due to difficulties in measuring deposited doses in animal inhalation stidles.

There are no adequate and well-controlled studies in pregnant women. SPIRIVA should be used during

There are no adequate and well-controlled studies in pregnant women. SPIRIVA should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Use in Labor and Delivery

The safety and effectiveness of SPIRWA has not been studied during labor and delivery.

Clinical data from nursing women exposed to totropium are not available. Based on lactating rodent studies, totropium is excreted into breast milk, it is not known whether tiotropium is excreted in human milk, but because many drugs are excreted in human milk, and given these findings in rats, caution should be exercised if SPRINA is administered to a nursing woman.

Pediatric Use

SPIRIVA Handi-Haler is approved for use in the maintenance treatment of bronchospasm associated with chronic obstructive putmonary disease, including chronic bronchitis and emphysema. This disease does not normally occur in children. The safety and effectiveness of SPIRIVA in pediatric patients have not been established.

Of the total number of patients who received SPIRWA in the 1-year clinical trials, 426 were <65 years, 375 were 65-74 years and 105 were ≥75 years of age. Within each age subgroup, there were no differences between the proportion of patients with adverse events in the SPIRWA and the comparator groups for most events. Dry mouth increased with age in the SPIRWA group (differences from placebowere 9.0%, 17.1%, and 16.2% in the aforementioned age subgroups). A higher frequency of constipation and urinary tract infections with increasing age was observed in the SPIRWA group in the placebo-controlled studies. The differences from placebo for constipation were 0%, 1.8%, and 7.8% for each of the age groups. The differences from placebo for urinary tract infections were –0.6%, 4.6% and 4.5%. No overall differences in effectiveness were observed among these groups, Based on available data, no adjustment of SPIRMA dosage in geriatric patients is warranted.

ADVERSE BEACTIONS

ADVERSE REACTIONS

Of the 2.663 patients in the four 1-year and two 6-month controlled clinical trials, 1,308 were treated with SPIRIVA (tiotropium bromide inhatiation powder) at the recommended dose of 16 mog once a day. Patients with narrow angle glaucoma, or symptomatic prostatic hypertrophy or bladder outlet obstruction were excluded from these trials.

The most commonly reported adverse drug reaction was dry mouth. Dry mouth was usually mild and often resolved during continued treatment, Other reactions reported in individual patients and consistent with possible anticholinergic effects included constipation, increased heart rate, blurred vision, glaucoma, urinary difficulty, and urinary retention.

paraction of the property of

Table 1: Adverse Experience Incidence (% Patients) in One-Year-COPD Clinical Trials

Body System (Event)	BY THE STREET, SALES AND ADDRESS OF THE SALES AND ADDRESS OF	strolled Trials		-Controlled Trials
	SPIRIVA (n=550)	Placebo (n=371)	SPIRIVA [n=356]	[n=179]
Body as a Whole Accidents	13	n	5	8
Chest Pain (non-specific)	sur1 repe	5 and	5	2
Edema, Dependent	5 Fa. E.	Depts 4 (Filler)	3	5
GastroIntestinal System Disord Abdominal Pain	ers 5	3	6	6
Constipation		2		THE RESERVE
Dry Mouth	16	3	12	6
Dyspepsia	6	5	Departure 1 lace	1
Vomiting	STATE OF THE PARTY	2	Albert Ist	2
Musculoskeletal System Myolgia	4	3	4	3
Resistance Mechanism Disorda Infection	4	3		3
Monikasis	1914 4 Shints	2	3	2
Respiratory System (upper) Epistaxis		2		1
Pharyngitis	9	7.7	Application 7 to 1	
Rhestis	6	5	3	2
Sinusitis	-11mm	9	3	2
Upper Respiratory Tract Infection	n 41	37	43	35
Skin and Appendage Disorders Rash		2	2	2
Urinary System Urinary Tract Infection	7	5	MS hall	2

Attinitis, coughing, and influenza-like symptoms occurred at a rate of <3% in the SPIRNA treatment group, but were <1% in excess of the placebo group.

Other events that occurred in the SPIRNA group at a frequency of 1-3% in the placebo-controlled trials where the rates exceeded that in the placebo group include. Body as a Whole: allergic reaction, leg pain, Central and Peripheral Hervous System: dysphonia, peresthesia: Cautrointestinal System Disorders: gastrointestinal disorder not otherwise received (NOS), gastroesophageal reflux, stomatilis (including ulcerative stomatilis); Metabolic and Intribitional Disorders: hypercholesterial, hyperchylesterial, hyperchylesterial, bygetylezenia, Muscukskeletal System Disorders: skeletal pain; Cantiso Events: angina pectoris (including agravated angina pectoris); Psychiatric Disorder: depression; Infections: herpes zoster; Respiratory System Disorders (typer); laryngits; Vision Disorder cataract. In adultion, among the adverse events observed in the clinical trials with an Incidence of <1% were atrial fibrillation; supraventricular tachycordia, angioedema, and urinary referition.

In the 1-year trials, the incidence of dry mouth, constipation, and urinary tract infection increased with

in the 1-year trials, the incidence of dry mouth, constipation, and urinary tract infection increased with age (see PRECAUTIONS, Geniatric Use).

Two multicenter, 6-month, controlled studies evaluated SPIRIVA in patients with COPD. The adverse events and the incidence rates were similar to those seen in the 1-year controlled trials. The following adverse reactions have been identified during workwide post-approval use of SPIRIVA-dizziness, epistaxis, hourseness, publitations, pruritus, tachycardia, twoat irritation, and urticaria. DOSAGE AND ADMINISTRATION

The recommended dosage of SPIRIVA HandiHaler (totropium bromide inhalation powder) is the inhalation of the contents of one SPIRIVA capsule, once-daily, with the HandiHaler inhalation device (see Patient's Instructions for Use).

No dosage adjustment is required for geriatric, hepatically-impaired, or renally-impaired patients. However, patients with moderate to severe renal impairment given SPIRIVA should be monitored closely (see CLINICAL PHARMACOLOGY, Pharmacokinetics, Special Populations and PRECAUTIONS). SPIRNA capsules are for inhalation only and must not be swallowed

HOW SUPPLIED

The following packages are available:

carton containing 6 SPIRIVA capsules (1 blister card) and 1 HandiHaler inhalation device (NDC 0597-0075-06)

carton containing 30 SPIRIVA capsules (5 blister cards) and 1 HandiHater Inhalation device (NDC 0597-0075-37)



59873/US/3 October 2005

Boehringer Ingelheim SV123850

SV-BS (10/05)

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## Health

### Dietary Guidelines for Diabetics

Whether you're trying to

prevent diabetes, better manage your disease or slow complications from developing, the American Diabetes Association (ADA) has developed guidelines to help you choose the right meal plan to meet your goals.

The guidelines, published in the September issue of Diabetes Care, offer nutrition advice based on a person's medical condition.

"When you're talking about diabetes, there is no 'one-size-fits-all' diet," says Ann Albright, an ADA spokeswoman. "For people with diabetes and those at risk for type 2 diabetes, medical nutrition therapy should be tailored to a person's specific health issues and personal preferences to help maintain optimum health."

For people who are at risk for diabetes, the guidelines call for a diet high in fiber and nutrient-rich foods, with whole grains making up half of all grain consumed.

For people who already have diabetes, the guidelines recommend obtaining carbohydrates from fruits, vegetables, whole grains, legumes and low-fat milk; eating fiber-rich foods; keeping saturated fats to less than 7 percent of total caloric intake; eating at least two servings of non-fried fish per week; limiting trans fats; and restricting cholesterol

Specific dietary recommendations also are included for people with type 1 diabetes, pregnant or nursing mothers with diabetes, older adults, and those living in long-term care facilities or managing acute illnesses. The recommendations note that altering a person's diet cannot prevent type 1 diabetes.

The guidelines emphasize the importance of sustained, moderate weight loss for people who are overweight or obese and increased physical activity for all people at risk for or living with diabetes. In addition, they urge people with diabetes to avoid fad diets, such as those that promote extreme low-carbohydrate or high-protein intake.

rad diets come and go," Albright says. "We want people to be provided with sound nutrition advice that will help them in making choices for maintaining good health for the long term."

Visit www.diabetes.org or call (800) 342-2383 for more information.



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Feature Story Like 63 percent of Americans, **Bob Burns says** he's living the American dream.

# TIRE STEIGHT STEIGH

Bob Burns may be the most ordinary person in America. He's 54, married, wears glasses, makes mortgage payments on a three-bedroom, ranch-style house, and works 40 hours a week as a maintenance supervisor at Windham Technical High School in Willimantic, Conn. (pop. 15,823).

Burns drinks coffee each morning, reads the newspaper each day, walks his dog each evening and attends church most Sundays.

The 5-foot-8-inch, 190-pound Burns is such an average Joe that he's the unpretentious star of the 2005 book *The Average American: The Extraordinary Search for the Nation's Most Ordinary Citizen* by Kevin O'Keefe.

"I'm a little bit of a local celebrity," says Burns, who feels honored to be singled out for being perfectly ordinary. "I'm just the everyday person who does his or her job to the best of his ability."

On a typical workday, Burns might deliver a cartload of textbooks to a classroom, fix a leaky flush valve in the boys' bathroom or inspect the fire extinguishers on the school buses.

"The job can be a handful, like any job," he says, striding down the hallway at Windham Tech in size 10½ work boots and Rustler jeans that he bought on sale at Wal-Mart. "It's a \$50 million building and it's my job to keep it safe. I just take it one day at a time."

At 3 p.m. quitting time, he checks his e-mail for last-minute work requests, hops in his 1996 white GMC pickup truck and drives three miles to his home in Windham, Conn. (pop. 22,857).



Bob Burns delivers textbooks at Windham Technical High School in Willimantic, Conn.

#### Nationwide search

Finding the most common man among nearly 300 million people was uncommonly difficult for O'Keefe, "I thought at first I could go to the Census Bureau and someone could hit a few buttons and I'd have a name," he says.

Instead, O'Keefe's search turned into a two-year journey that took him from Keene, N.H., to the Hawaiian island of Maui. Along the way, he met dozens of colorful characters and distilled a profusion of statistics—from the average home size to the average commute time—into 140 criteria that define the average American.

"The biggest surprise was—Bob," O'Keefe says. The only person O'Keefe found who matched all 140 criteria happened to be someone that he knew from his high school days. When O'Keefe attended Edwin O. Smith High School in Mansfield, Conn. (pop. 20,720), Burns worked as a custodian there.

Today, O'Keefe aspires to be like Burns. "It's important to have balance in your life," he says. (Continued on page 13)

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### Living Healthy With Diabetes

#### The Basics

Quite simply, diabetes is a disease in which the body does not produce or properly use insulin. And while there's no mystery behind the fact that insulin is a hormone needed to convert sugar, starches and other food into energy, the exact cause of the disease remains unknown.

The two major types of diabetes are Type 1, or insulin dependent and Type 2, the one affecting the most Americans who are diagnosed with the disease. Factors like having a parent or sibling with the disease, being overweight and not getting enough exercise increases the odds of developing Type 2 diabetes. Since we know that genetics and environmental factors appear to play important roles in the spreading of diabetes, why not set a few reasonable diet and fitness goals?

#### Meal Check



People with diabetes have the same nutritional needs as anyone else. The American Diabetes Association suggests that you 'rate your plate,'

as an easy way to make sure you are eating a variety of healthful foods at each meal. No artistic talent necessary: when you sit down, simply draw an imaginary line through the center of your plate and then divide one of those halves into fourths. One fourth of your plate should be filled with grains or starchy foods; one fourth should be protein and the last half can be filled with non-starchy vegetables or salad. This may not be an exact science, but it's a great way to get you focused on portion control.

Also try heading off temptation before it gets the best of you. Send leftovers home with your guests, at restaurants – especially those known for gigantic portions – ask that half of your meal be wrapped up to take home or consider ordering an appetizer and side dish in place of an entrée. If you simply can't pass up a bargain and that XXL-sized bag of snack food finds its way from the supermarket to your kitchen, divide it into

Have fun planning an active weekend outdoors. Who knew that raking leaves or washing your car could provide such healthy rewards?

single serving portions and store them in a hard-to-reach place.

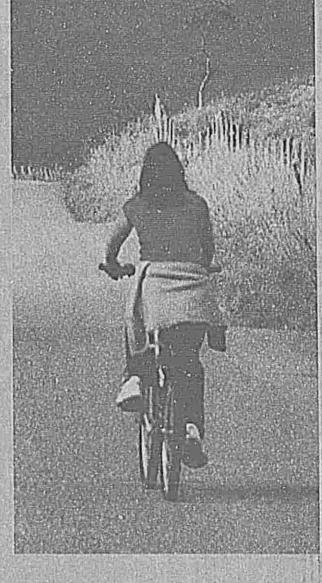
Sure, knowing what to eat can be confusing but if you stick to eating lots of vegetables and fruits, choose whole grains over processed grains, brown rice or whole wheat pasta and fish 2-3 times a week, your body will thank you.

Read any good labels lately? Ingredients are listed on labels in descending order by weight, meaning the first ingredient makes up the largest portion of the food. Make sure you zero in on things you'd like to avoid a lot of, like sugar or saturated fat.

#### **Get Moving**

Physical activity can help you control not just your weight, but your blood glucose, blood pressure and cholesterol levels as well. You may not think you are accustomed to regular physical activity but just look around you; skipping the elevator at work and taking the stairs; parking at the far end of the parking lot and walking to the store and getting off the bus a few blocks early are all things easily incorporated into your daily routine. Have fun planning an active weekend outdoors. Who knew that raking leaves or washing your car could provide such healthy rewards?

Ready to pump it up a notch? Aim for at least 30 minutes of moderate-intensity physical activity, five or more days a week. What exactly is "moderate intensity?" Some examples are walking briskly, mowing the lawn, dancing, swimming or bicycling. If you are not accustomed to physical activity, you may want to start with a little exercise and work your way up. No matter what kind of exercise you do, you should warm up before you start and cool down when you're done. To warm up, spend 5 to 10 minutes doing a



low-intensity exercise such as walking. Then gently stretch for another 5 to 10 minutes, repeating these steps when you cool down.

Make sure to do physical activities you really like because the more fun you have, the more likely you are to stick with it. Finding a buddy — of either the two or four-legged variety — can also be helpful.

According to the Centers for Disease Control and Prevention, as of 2002 there were 18.2 million cases of diabetes in the US with 1.3 new cases diagnosed every year. There are indirect costs of more than \$40 billion associated with the disease in things like disability and loss of work.

The incidence of diabetes is on the rise around the world and is directly linked to the rate of weight gain across the globe. There is good news, though, when it comes to the prevention and treatment of Type 2 diabetes. Modest weight losses as a result of diet and lifestyle modification have been found to make a dramatic difference in preventing the development of the disease in people who are at risk. What are you waiting for? Get moving!



Like most Americans, Burns enjoys outdoor grilling and prefers smooth peanut butter.

#### Close to home

Like 60 percent of Americans, Burns lives in his native state. Born in Willimantic, he graduated in 1971 from the very high school where he works

The year after graduation, he met his wife, Sue, thanks to a matchmaking co-worker. Burns walked three miles to Kentucky Fried Chicken where Sue was working and nervously placed an order with his bride-tobe: "Is there a Susan here? I'd like to order a shrimp box dinner."

The shrimp dinner led to a first date, then a pre-engagement ring

three months later. "I knew right away that this was the one for me," Bob says. "You know when the hammer hits your head."

The couple have three children: David, 30, an attorney in Bolton, Conn. (pop. 5,017); Nicole Starkey, 27, a juvenile caseworker in Windham; and Jared, 24, stationed at Dyess Air Force Base in Abilene, Texas.

The family's tidy 1968 red shinglesided house is bordered with blooming gladiolas, coneflowers, tomatoes and raspberries and, as is the national norm, has a paved parking area lead-

Bob met Sue, his wife of 34 years, at a Kentucky Fried Chicken restaurant.



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ing to the garage. While the couple's children are grown, they frequently pop in for visits and two granddaughters help keep the house abuzz. As with most Americans, the Burns consider their family to be "extremely" or "very important."

Bob and Sue provide a spare room as a "home away from home" to six to eight cadets each year from the nearby U.S. Coast Guard Academy in New London, Conn. (pop. 25,671).

"They're such easy guests," Sue says.

"Usually, it'll be a three-day weekend
and they'll come here and watch sports
with Bob."

Sixty-four percent of Americans are football fans, as is Bob. He's also a baseball fan and coached Little League for 15 years. That's typical, too, of most Americans, who are charitable with both their time and money.

When he wants to relax, Bob goes fishing. In the summer, he enjoys grilling his latest catch, alongside hamburgers and Polish sausage, on his backyard

Author Kevin O'Keefe

deck. A grill on a deck, porch or patio is standard at most American homes, as are pets. The Burns have three—cats Roger and Jinx and dog Missy.

A white picket fence frames the couple's backyard that is shaded by towering

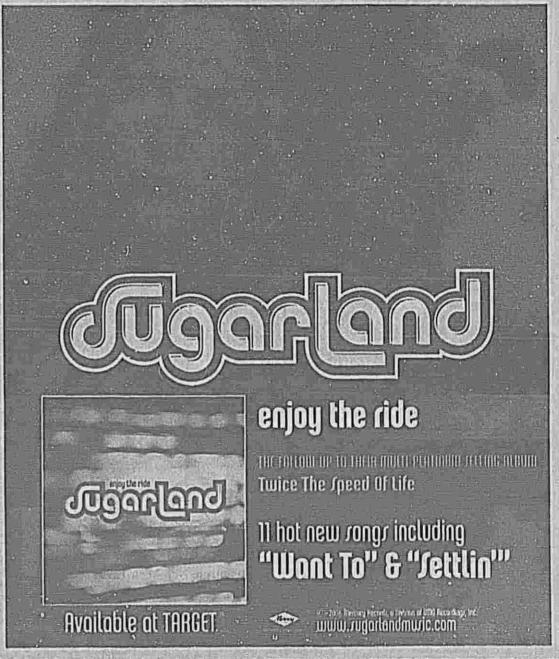
spruces. No, a picket fence isn't among the 140 criteria of the average American, but it seems a perfect fit, along with the Stars & Stripes flying in the front yard.

Like 63 percent of Americans, Bob says he is living the American dream. "I may not be the wealthiest person in the world, but I'm happy with what I've got," he says. "I've been married 34 years to the same person. I'm very proud of my kids. I couldn't ask for more."

Are you an average American? Take the quiz on page 14.

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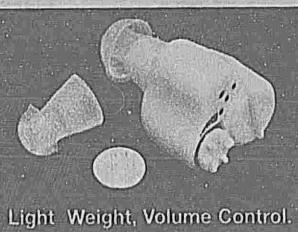


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#### HOW AVERAGE ARE YOU?

Here's a quiz to help you determine what you have in common with most Americans.

Do you believe in God?

-More than 80 percent of American adults believe in God, and about 10 percent believe in a "universal spirit."

How close do you live to the nearest McDonald's and Wal-Mart?

-Most Americans live within three miles of a McDonald's restaurant and within a 20-minute drive of a Wal-Mart.

Do you prefer smooth or chunky peanut butter?

-Most Americans-83 percent-prefer smooth.

Are you a high school graduate?

-About 85 percent of Americans earn a high school diploma.

Are you married?

-Most Americans-90 percent-marry at least once in their lifetime.

How old is your car?

—The average American's vehicle is eight years

Do you own a pet?

-Most American households-63 percenthave at least one pet, primarily dogs and cats.

How large is your home?

—The average American home is 2,500 square

How long have you lived in your current home?

-Most Americans-54 percent-have lived in the same home for at least the last five years.

What time are you regularly in bed?

—Most Americans—74 percent—are in bed before midnight.

Are you happy?

-Most Americans-80 percent-say they generally wake up happy.

Would you rather be in prison for one week or president of the United States?

-Most Americans-52 percent-would prefer a week in prison.

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\*Source: "Lighting the Way to Energy Savings"; 1999

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TV's Captain Kangaroo

The door-mounted bell at the Runcible Spoon, a boutique in Newport, R.I., rings as shoppers bustle in and out, perusing the selection of elegant linens, artisan tableware and imported ceramics as Bill Thomas, 62, works the register.

Most customers don't know that Thomas, whose wife, Joan, owns and operates the store, is one of the creative minds behind a whole generation of popular children's music.

From 1974 to 1983, he composed songs for the TV series Captain Kangamo, the longest-running children's program in the history of commercial network television (1955-1992). The show, which starred its softspoken creator, Bob Keeshan, and a menagerie of colorful characters, featured hours of feel-good, kids-world-view music written by Thomas and other composers.

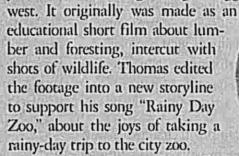
"It was a great job and I loved doing it," Thomas says, "The beauty of it was, I wasn't restricted. I could write a song about almost anything."

Thomas had just gotten out of the Navy in 1969 and was singing at a popular harbor pub in Newport when a friend asked him to compose music for an independent film. One of the folks involved also worked for Captain Kangaroo in New York. Coincidentally, Thomas had just finished writing a pilot for a children's radio show with Noel Paul Stookey of the folk trio Peter, Paul and Mary. "The producers of Captain liked the songs I had written," Thomas says, "and they wanted me to help them update the show's song library."

Thomas was hired to compose songs to "fit" film footage from various archival sources about everyday things. "Originally, I'd write to whatever was on hand," he explains. He wrote dozens of songs and married them to various movie clips, creating something entirely new in the process-"film songs" about how sunshine makes shadows, being a friend and what toys do in the dark (reassuringly, they stay where you leave them).

Little did he know that his Captain Kangano creations would turn out to be forerunners to content that years later would become the bread and butter of cable channels MTV and VH1. "I guess you could make the leap and say the songwriters for the show came up with some of the first music videos," he says with a smile.

One of his favorite pieces started with footage of a boy in a yellow slicker walking through a soggy forest in the Pacific North-



"That's one I remember with the most admiration," he says. "There was so much beauty and peace in it; it seemed perfect for the show."

Thomas' music went hand-in-hand with the tranquil, feel-good sentiments on which Keeshan insisted for the program. "There was an

(Continued on page 18)

**Bill Thomas wrote** songs for the popular children's TV series.



So far in 2006 there have been 16 manufacturer notifications. There have been over 20 different Class I High Risk Recalls for diabetic meters issued by the U.S. Food and Drug Administration in 2005. A Class I recall means that there is a reasonable chance that the product will cause serious health problems or death. Most major diabetic meter manufactures have had a recall in the past 2 years! YOUR **CURRENT METER MAY BE** INVOLVED IN A RECALL.

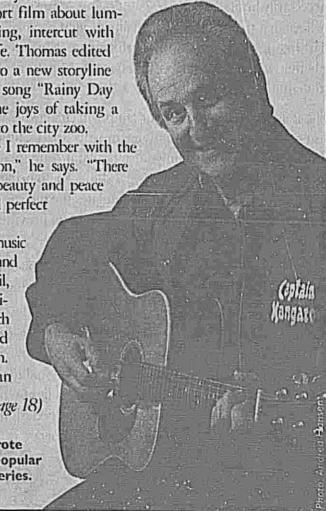
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- Allie R. from Menomonie, Wisconsin

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Disc 2: Charlotte's Web, Don't Wait On Me, Years Ago, We Got Paid By Cash, Child Of The Fifties, Oh Baby Mine (I Get So Lonely), Guilty, Elizabeth, Atlanta Blue, Hollywood, One Takes The Blame, My Only Love, Hello Mary Lou, Amazing Grace, Sweeter And Sweeter, Too Much On My Heart, Count On Me, Forever, I'll Be The One and more.

Disc 3: Maple Street Memories, The Best I Know How, More Than A Name On A Wall, Let's Get Started If We're Gonna Break My Heart, Moon Pretty Moon, Walking Heartaches In Disguise (Live Version), Tomorrow Never Comes (Live Version), This Ole House (Live Version), Nobody Else, Jealous Eyes, Small, Small World, You've Been A Mother To Me, Fallin' In Love, He's Always There For You, Is It Your Place Or Mine, It Only Huris For A Little While, How Great Thou Art and more.

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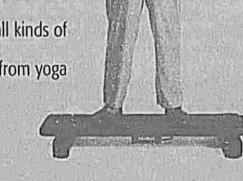
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(Continued from page 16)

integrity to the show," he says. "It wasn't phony. Its heart was always in the right place."

"The show represented all the best about human existence," says former executive producer Joel Kosofsky. "There was kindness, warmth, sympathy, love and humor."

Three of Thomas' "film song" videos, along with a collection of other original tunes from the show, can be found on his new CD/DVD, Time Can Be So Magic: Songs from Captain Kangaroo, available at www.timecanbesomagic.com.

"Bill's rich imagination and his concern for the child's individual growth made his music impossible not to share," says Stookey, who sings on the album.

Back at the store, Thomas doesn't attract attention as a man who has created happy memories for a generation of baby boomers. "I don't know if I've made any difference," he says humbly. "But at least I've communicated with people on an emotional level. That's what music is about."

Bob Gulla is a writer in Wakefield, R.I.

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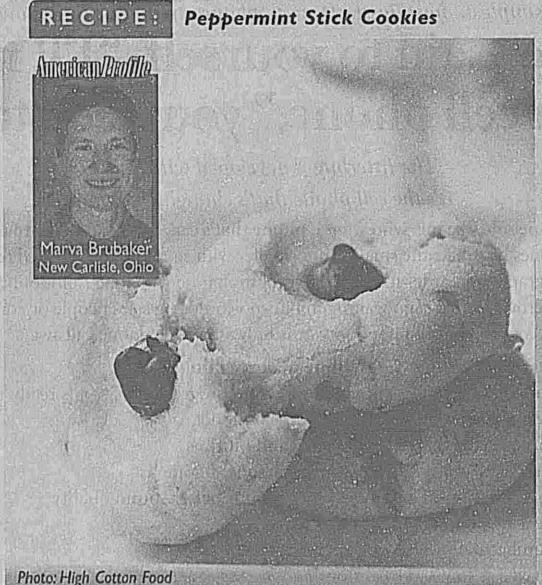
#### Peppermint Stick Cookies

"This recipe came from my grandmother and was one she always baked at Christmas."

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#### Peppermint Stick Cookies

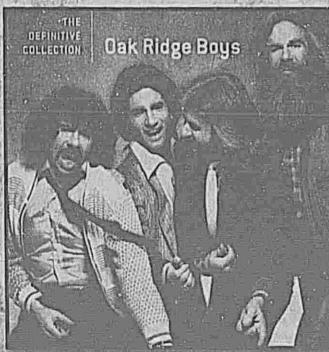
- 3/4 cup butter
- 6 tablespoons sugar, plus additional for dipping
- I egg, separated
- I teaspoon vanilla extract
- 2 cups sifted all-purpose flour
- 1/2 cup crushed peppermint sticks or candles Chocolate chips

Preheat oven to 350F. Place a sheet of parchment on a cookie sheet. Cream butter with 6 tablespoons sugar. Add egg yolk and vanilla. Blend in flour, ¼ cup at a time. Sar in crushed candy by hand. Beat egg white until frothy. Roll dough into 1-inch balls. Dip top of each into egg white and then into extra sugar. Place on cookie sheet, sugared side up. Put thumbprint in top of each cookie and top with a chocolate chip. Bake 10 to 15 minutes. Yield: 5 dozen cookies

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## Homemaker Invents A Shine That Lasts

Miracle Polish Ends Struggle With Tarnishing Metals. By D.H. Wagner



Lately, I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most

amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish referred to as "miracle polish" that'll turn the most disastrous pieces into the most debright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results - no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away

layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to returbish my mother's antique brass and copper cookware. The badly stained pots and pans

(46

developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is unbelievable and although I wash dishes every day, the shine keeps-on-shining. And it's no longer covered with ugly water spots, water just rolls off the protective finish and down the drain.

A consumer study of 28 metal polishes reports, "MAAS Polishing Creme has no equals in all around polishing performance..." MAAS retained its shine longer than every polish tested. The Miami Herald says, "Polishing product can renew old silver." The Chicago Tribune headline sums it all up by saying "One Amazing Polish Is The Best At Everything."



How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands

dry and burning - one instant silver dip smelled so bad I felt sick. That's when I became determined to find a better way to care for the metals in my home."

And that she did. Her formula developed with a chemist friend quickly restores and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen.

"To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS restored glass fireplace doors, clouded crystal vases, fiberglass, linoleum even plastic. The restorations were so remarkable everyone suggested that I sell my invention on television".



Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna to personally appear on TV to demonstrate her product. As soon as viewers saw how effortlessly MAAS removed tarnish, stubborn spots, and stains from the piles of badly oxidized metals on stage MAAS hit big time. 17,000 viewers called during MAAS' debut and

encore performances quickly brought a million dollars in record-breaking sales.

Sheila Oetting in Florida wrote Donna saying, "Thank you, for a wonderful product! Family treasures with 30 years of tarnish, grime and corrosion are gleaming. I'm so thrilled to see the beauty that had been hidden all those years."

Leona Toppel was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to everyone's surprise it's still glowing."

Boeing and McDonnell Douglas tested and approved the polish for use on jet aircraft. The U.S. Air Force, Army, Navy, Coast Guard and Department of Defense worldwide have ordered MAAS.

"MAAS outperforms every polish I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

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Finally, you can restore every metal and more to its original beauty with MAAS easy wipe-on, wipe-off, no-wait polish. Just send \$12.95 plus \$2.95 S&H for one large 4 oz. tube of MAAS. Save when you order two tubes and receive a FREE polishing cloth (total value \$33.85) for only \$19.95 plus \$4.95 S&H. IL residents please add 7.75% sales tax. Mail your order to:

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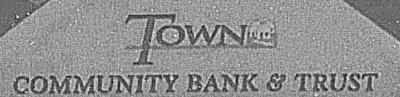
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Mayor: Dorothy A. Larson

Clerk: Candi Rowe

Trustees: Robert Caulfield, Lawrence Hanson, Robert McCarty, Scott Pierce, Barbara Porch, Mary Turner

Police Chief: James Foerster

#### **Area Schools**

Elementary:

Antioch District 34 (847) 838-8400 Emmons School District 33 (847) 395-1105 Grass Lake School District 36 (847) 395-1550

#### High School:

Antioch High School District 117: (847) 838-7171 Antioch Community High School (847) 395-1421 Lakes Community High School (847) 838-7100

#### Private schools:

Faith Evangelical Lutheran School (847) 395-1664 St. Peter School (847) 395-0037

#### Local government phone numbers:

Building and zoning department: (847) 395-9462 Chamber of Commerce: (847) 395-2233 Community development department (847) 395-0157 Fire department (non-emergency) (847) 395-5511 Parks and recreation department (847) 395-2160 Police department (non-emergency) (847) 395-8585 Public works department (847) 395-1881 Public library (847) 395-0874 Rescue squad (non-emergency) (847) 395-0143

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#### The Antioch Public Library: ILLUMINATING LIVES FOR 85 YEARS

n the span of eighty-five years the Antioch Public Library has gone from being run by the Antioch Women's Club two days a week at Walter Chinn's Newspaper and Magazine Shop, 934 Main Street, to a 31,000 square foot state-ofthe-art facility at 757 Main Street built on land originally donated by the William Schroeder family. The current Antioch Public Library District now serves 17,285 people in Antioch Township and Upper Newport Township.

So too, card catalogues and leather bound volumes have been replaced with online databases, wireless Internet, even free online books and books audio in the "NetLibrary".

And along with this has come tremendous growth in the programs offered by the

For one, computer classes are conducted to keep up with all the new technology. These free classes teach everything from the basics of mouse control to more advanced classes in Microsoft Word, Excel, or Power Point. For more information call the Adult Reference Desk at (847) 395-0874.

The library's adult programming is sure to satisfy a wide range of interests. Contact the Adult Reference Desk at (847) 395-0874 to register for these upcoming programs. Sign-up starts one month before the program date:

Creative Table Settings: Monday, November 13th; 7 p.m.

Bake Holiday No Appetizers: Thursday,

November 16th; 7 p.m. Trillium Band: Folk, Celtic, Ragtime and more: Sunday, December 10th; 2 p.m.

As well as "Thursday at the Movies!" offering new releases and film classes, adults can enjoy two book discussion groups: "Novel Pleasures" that meets the third Tuesday of the month at 10 a.m.; or "Book Chat" that meets the second Monday of the month at 7:00 p.m. Or get help writing that book you've had in mind by joining the library's writer's group that meets on the 1st and 3rd Tuesdays of every month at 7 p.m.

Children are introduced to reading and the illuminating world of books in a variety of creative ways to match their stage of development. There are crafts and story times for the preschooler (pick up a calendar at the Children's Reference Desk for dates and times.)

School age children can enjoy lunch and a movie on days when school is closed. There's even a children's book discussion group that meets the third Wednesday of every month at 3:10 p.m.

Teenagers aren't forgotten either. "Teen Book Chat" meets Wednesdays once a month from 4-5:30 p.m. to discuss novels picked by

#### Antioch Public Library District

Location: 757 Main Street, Antioch, IL 60002 Phone: (847) 395-0874 Hours: Monday-Thursday, 9:00 a.m.-9:00 p.m.; Friday-Saturday, 9:00 a.m.-5:00 p.m.; Sunday, 1:00 p.m.-5:00 p.m. (Labor Day - Memorial Day Only)

teens. "Chess and Cookies" is offered second every Wednesday from 6:30- 8:30 p.m. And teens interested in learning to knit or crochet can join "Teen Yarn Users" on November 28th December 26th from 7 - 8:30 p.m. Call (847) 395-0874 for more information about these programs.

And what lies in the future? Will the library itself be replaced by technology such as the Internet? Antioch Public Library Director Kathy LaBuda disagrees.

"Information is something everyone needs to be a good citizen. The Internet will not replace this because public library usage is skyrocketing higher and higher every year. The public library is still very viable." So check out a book and enjoy the good news. by Leslie Glazier-Werner



Teens can learn to knit or crochet by joining the 'Teen Yarn Users' at the library.



#### A LETTER FROM THE TOWNSHIP SUPERVISOR

ntioch Township continues to provide services to the people of the township while keeping costs to the taxpayers under control.

Our township center was built during 2001-2002. Cooperation between Antioch High School, Lake Villa Township and Antioch Township resulted in \$1.2 million in grant money and a beautiful large building that was paid for when we moved in without raising taxes. Our center includes the offices of Supervisor, Clerk and Assessor for Antioch Township along with the administrative offices of Antioch High School District 117, Catholic Charities meals on wheels program for Antioch and Lake Villa Townships, meeting rooms that are constantly in use and athletic fields for all

ages.

Antioch Township is geographically the largest township in the county. Our highway department is responsible for 82 miles of township owned roads. We build, maintain and plow these roads at a cost that is substantially less than many townships that have fewer miles in their territory..

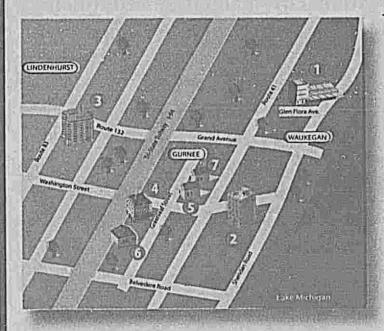
Our parks program has just received notification that the OSLAD grant for the Tim Osmond Park that I requested during a presentation before the Illinois Deptartment of Natural Resources on Sept. 11 has been approved at the full \$400,000. This means that we will begin the first phase of the park ASAP, OSLAD grants to Antioch Township in the past few years now approach \$1.2 million.

Township senior programs continue to grow. A bus has been purchased in cooperation with Lake Villa and Grant Townships. Again saving costs by cooperating with others for the common good. Senior events have been increased to monthly affairs that continue to gain popularity.

Visit us in person or at our web site, www.antiochtownship.com, to keep up with events.

Steve Smouse, Antioch Township Supervisor

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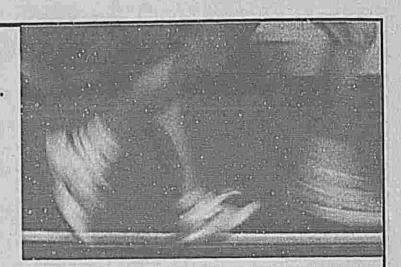


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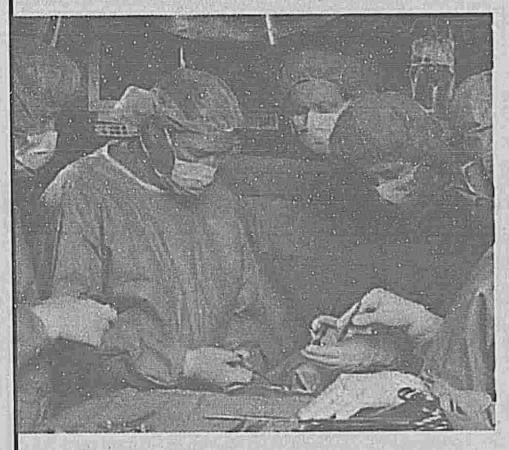
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Antioch Rescue Squad 847-395-0143
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Commerce & Industry
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Highway Department
Antioch Township Supervisor 847-395-3378

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Illinois Bureau of Tourism800-223-0121
J.U.L.I.E. (Location of buried pipes) .800-892-0123
Lake County Convention &
Visitor's Bureau
Nicor Gas
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Waste Management North



Six-year-old Jonathan Smith of Antioch makes a decision about toys he wants for Christmas with the help of Antioch Police Detective Daryl Youngs during the department's Shop with a Cop program at the Antioch Wal-Mart.— Photo by Candace H. Johnson

#### Area churches

Antioch Baptist Church (847) 769-5332
Beautiful Savior Lutheran Church(847) 395-9400
The Chapel
Christian Life Fellowship (847) 395-8572
Crossview Church (847) 395-4117
Heartland Baptist Church (847) 838-5147
Hope Presbyterian (847) 838-8470
Lakeview Missionary Baptist847) 395-7801
Lighthouse Church of Antioch (847) 838-0616
Lindenhurst Congregation (847) 838-5109
Northbridge Church (847) 838-0800
St. Ignatius Episcopal Church (847) 395-0652
St. Peter's Catholic Church(847) 395-0274
St. Stephen Lutheran Church (847) 395-3359
United Methodist Church (847) 395-1259



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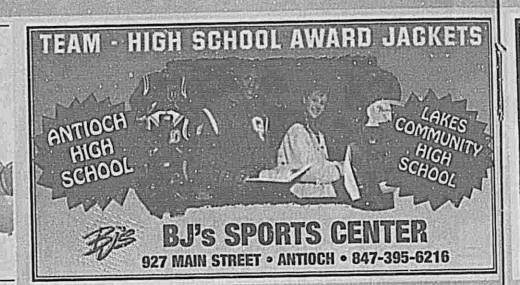


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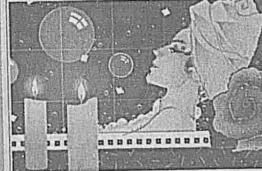




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### Antioch Parks and Recreation Department takes fun seriously

Parks provide recreation while preserving the past, protecting the environment

ntioch has reason to boast with over 24 parks located throughout the village. Two of these parks highlight the Parks Department's mission to "enhance the quality of life by providing parks, open space and recreational opportunities for the Antioch village residents, while preserving and enhancing the natural benefits of the environment."

First there's the picturesque Hiram Buttrick Sawmill and adjacent arboretum. In 1839 one of the area's early settlers, Hiram Buttrick, built a sawmill along Sequoit Creek to provide lumber for settlers as well as steamboats and locomotive furnaces. As a result, Antioch became a bustling commercial hub. The sawmill now on this site, an authentic reproduction built in 1976 as a Bicentennial project, marks it's own 30th anniversary this year.

Antioch Parks, Land & Program Facilities	AURWADE	BLAYDROUND	# COLUMN	BARKETBALL	BARBALL	VOLUMN ALL		E-xo	BATHROOMS	ARBORSTON		Q M LLE	Open preside
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Office: 800 Holicelc Drive, Amdioch III, 69802 Diffice Hosins: 9:00 a.m.-5:00 p.m., Plonday-Friday Phone: (347) 395-2160

Walter Shepard was the village project manager in the 1970's who was instrumental in building this full-scale working sawmill using ingenuity, and donated skills and materials from an eclectic cast of characters. Now 71-years-old, Walt was surprised to hear that his handiwork had reached its 30th birthday because his memories of building the mill are as fresh as yesterday. Walt said everyone in the community and beyond pitched in to help, from boy scouts to the fire department to a Navy reserve unit. He added that the Antioch High School shop class built the saw frame, and he himself brought the saw parts into the United States from Canada "after doing some fishing." Walter said, "It's really great that the sawmill has become a symbol for the village."

Then there's the village's newest park, the William E. Brook Wetland Sanctuary and Entertainment Center located in downtown Antioch. Protected wetlands, a boardwalk, walking path, interpretive nature signs, and entertainment center are included on this 9-acre site. The village's popular "It's Thursday" concerts are held at the entertainment center while the park itself hosts special events throughout the year.

#### What's your pleasure?

The Village of Antioch Parks and Recreation Department offers activities for all ages and interests. For example, have fun with your two-year-old while preparing him for preschool, or coax that reluctant spouse onto the dance floor with ballroom dancing lessons. Turn your rebellious pooch into a "Canine Good Citizen" or work out your own aggression by taking a karate class. Then sit down and relax while weaving a snowman basket just in time for the holidays.

The parks department also plays a key role in bringing many special events to Antioch throughout the year. As a result, they always need volunteers to help with events such as the 4th of July, Halloween Howl, the Christmas Parade and Tree Lighting Ceremony, Daddy Daughter Dance, Easter Egg Hunt and more. If you're interested please contact the Parks Department at (847) 395-2160 or the Community Services Department at (847) 395-6342.

The Parks and Recreation Department provides information about programs and events in the Village of Antioch's newsletter, mailed monthly to residents (quarterly to township residents). The department offers a Spring/Summer and Fall/Winter program guide each year. These guides are available through the Parks and Recreation Department, the Village Hall, the Antioch Township Office, and the Antioch Chamber of Commerce.—By Leslie Glazier-Werner

#### 1892 school building offers lessons about Antioch's past

he landmark 1892 Antioch Grade School Building at Main and Depot streets is not only a visual reminder of Antioch's past but home to the Lakes Region Historical Society. Their museum full of fascinating artifacts and imaginative displays bring the village's history

Lakes Region Historical Society President Wendy Maston said the school building has been fully restored and is open to the public every Saturday from 11 a.m. to 3 p.m., as well as on special occasions and by appointment. For information call (847) 395-7337.

Exhibits upstairs take visitors back to when the school first opened its doors. Children can imagine themselves as students in the museum's late 1800's classroom. They will also enjoy the other children's exhibits, including a room decked out for a Victorian Christmas.

A period General Store has been recreated on the museum's main floor, along with a typical kitchen and bedroom from the day. Tourism in Antioch reached its heyday in the late 1800's. At that time tourists marveled at the flowering lotus beds on area lakes, which are depicted in one exhibit. There is also a room devoted to Indian artifacts and wildlife native to the region.

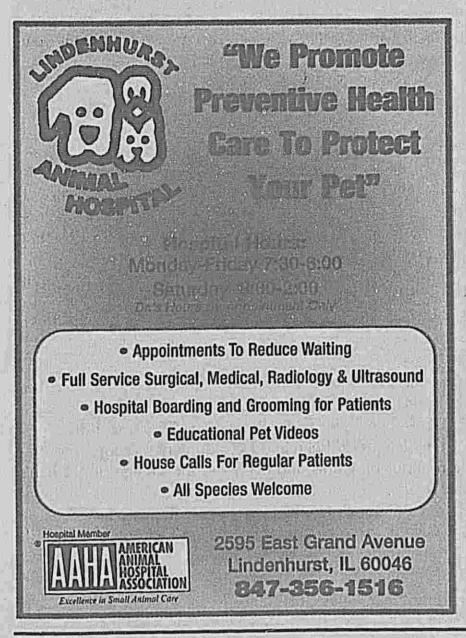
On the lower level visitors literally take a walk back in time. The Lakes Region Historical Society has recreated turnof-the-century Main Street Antioch using actual architectural elements and artifacts from the village. Stroll past the dentist office complete with chair. Check out the blacksmith shop. Or wonder about the headlines of the day in front of the newspaper office.

#### Historical Society's future on track

The Lakes Region Historical Society has purchased the former St. Ignatius Lutheran Church on Main Street and is currently renovating this historic building. The founders of Antioch who were Disciples of Christ built the church in 1863. Currently this building is only open to the public the first Saturday morning of the month. Wendy Maston noted that the "war room" is worth visiting with memorabilia dating back to the Civil War.

Wendy also announced they are planning a July 4, 2007 grand opening for the Lakes Region Historical Society Archive and Research Center in the former Lasco Florist building. "The Complex", as Wendy described it, will be open for those researching their family history or the history of the area.

Based on the historical society's current activities and ambitious future plans, Maston stressed that she always welcomes history buffs as volunteers. She asks that those interested in volunteering call her at (847) 589-0537.--By Leslie Glazier-Werner



### Antioch

Community Guide 2006-2007

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Contributing Editor Leslie Glazier-Werner

Group Publisher: John Rung

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#### PM&L Theatre: 46 years of applause

orty-six years ago twelve people interested in the arts pooled a whopping \$10.00 each to launch a cultural revolution in Antioch. So far that \$120 has compounded annually into almost a half century of vibrant community theatre. The group was originally named to reflect the diverse artistic interests of its founders: "Palette" to represent the artist; "Masque" as a symbol of the actor; and "Lyre" for the musician. But then came the opportunity to rent the former Crystal Theatre, built around 1914, and the subsequent need to pay for overhead. As a result, PM&L fell in love with the stage and never looked back. The group pur-

chased the building in 1982 and completed an extensive renova-

Since PM&L Theatre is a nonprofit, community theatre it relies not only on ticket sales to pay the bills, but corporate sponsorships, advertising, donations, and fund-raisers. Tom Hausman, member and former president, noted that corporations can buy one performance and sell tickets for their own charity fundraiser, or they can sponsor an entire production that entitles them to a special performance with refreshments.

Hausman said they currently have about sixty members and encourages those interested in joining the group to come to a

tion in 2003.



membership meeting.

Membership meetings are held at the theatre on the second Sunday of every other month at 7 p.m. beginning in September. The next meeting is on November 12th, However, he stressed that persons interested in auditioning or working behind the scenes do not have to be a In fact, Tom will be member. directing the third show of the season, "E/R, Emergency Room", and needs a cast of up to 34. "Many of these are small cameo roles in which the actor is featured for a short time." Hausman said. He added that he is looking for ages "from the late teens to eighty." Interested individuals can contact him at (847) 395-7489. Auditions will be held at 7:00 p.m. on Monday and Tuesday, November 13 and 14 at the theatre.—By Leslie Glazier-Werner

#### PM&L's Holiday Playbill

What better way to rekindle the child in all of us than Rodgers and Hammerstein's memorable "Cinderella"? The classic fairy tale is set to a magical musical score. Show dates are weekends November 10th-26th.

December's special event is "A Christmas Story", the story of a youngster determined to get a Red Rider BB gun for Christmas despite opposition from every adult he encounters, including a disgruntled department store Santa played by Tom Hausman. Show dates are December



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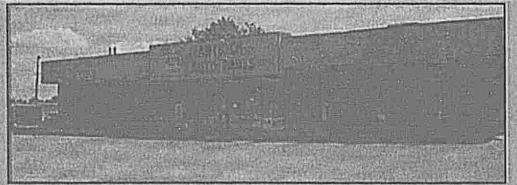
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he typical Antioch resident of either 1895 or 2006 would probably answer much the same way when asked about his experience with ten years of passenger rail service to the village; "It sure has been good for business!"

In 1885 the Wisconsin Central rail line opened a station in Antioch. The result was an influx of tourist dollars, as Antioch became known as the Gateway to Chain O' Lakes. Chicagoans escaped to Antioch to enjoy fishing, boating, and hunting. At first farmers took in tourists as boarders. Then these industrious farmers built guest rooms onto their homes. It didn't take long before hotels and veritable subdivisions of cottages were built to meet demand.

Passenger rail service to Antioch was discontinued in 1965, but returned in 1996 as the 1990's brought more rapid residential development. Metra opened a new suburban passenger rail line, the North Central, with Antioch as its last stop. From the beginning demand was higher than projected, leading to calls for expanded service. These calls are likely to continue as Metra's North Central Line has an everincreasing economic impact on Antioch. More and more commuters are choosing Antioch's "Close to Home, Close to Perfect" lifestyle. As a result, the village is enjoying a second "boom" period, this time of residential and commercial growth.

Mayor Dorothy A. Larson

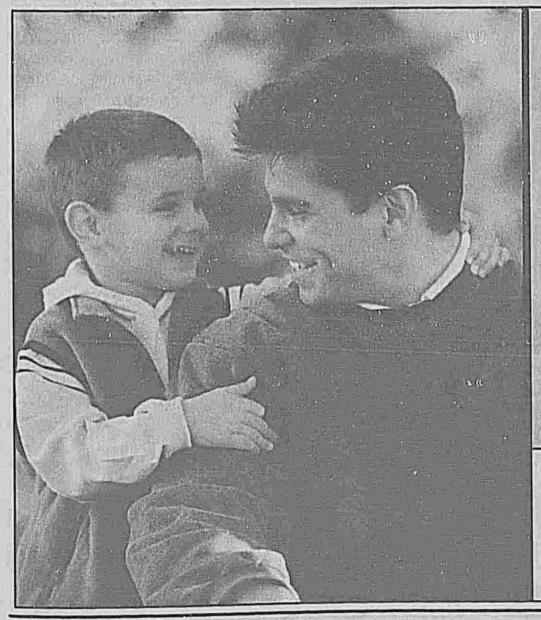
agreed.

"No matter where you put public transportation it's a good thing." She confirmed that passenger rail service "has had a tremendous positive impact on the way Antioch has grown." According to the mayor, over the past five to seven years several mid- to higher end residential developments have been built to meet the needs of whitecollar commuters. She also pointed out the importance of balancing the growth between residential and commercial development to build a good tax base, so the entry of major retailers like Menards is "good news." However, Mayor Larson did say she hoped Metra would add weekend service so residents could enjoy every-

thing the city has to offer.

Metra currently offers 11 weekday inbound and out-bound trains between Antioch and Chicago's Union Station. The train makes stops in 16 communities, as well as a stop at O'Hare International Airport, Remote Parking Lot F.

For a complete schedule and ticket information, pick up Metra's North Central Service Rider's Guide at any train station, call (312) 322-6777, or visit their website at http://www.metrarail.com/ —By Leslie Glazier-Werner



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### Antioch celebrates the holidays

he village of Antioch is a warm and welcoming host offering events for every season of the year. More often than not these events are so successful they're held year after year. And even better news is they're familyfriendly and often free. Antioch is home to seasonal festivals, craft fairs, open-air concerts, holiday celebrations and so much more.

The month of October brings the crisp air and all things autumn to the village of Antioch. Last month started out with the 3rd annual Octoberfest held on Sunday, October 8. Lots of food, entertainment, and good humor were to be had along with the "3rd Annual Running of the Wieners...short-legged, long-eared, barking ones!"

The 12 Annual Halloween Howl held on Friday, October 20th and Saturday, Oct. 21st was full of spooky fun. As usual—since kids are a top priority—two "Haunted Walkways" were offered. Children ten years of age and under were greeted by "happy ghosts" or "smiling spirits" while those ten years and up were treated to the "Mummy's Tomb" or the "House of Terror". There was also an assortment of food and entertainment, including a "Witches" Kitchen", "Freaky Fortunes", "Dracula's Disco", hayrides, and a costume contest.

Thanksgiving weekend welcomes Santa to town with a holiday parade on Friday, November 24th at 6:30 p.m. The Village of

Antioch Parks and Recreation Department sponsors the parade and asks those interested in entering to contact the Parks Office at (847) 395-2160.

The parade coincides with the official lighting of the Antioch Family Christmas Tree outside the Village Hall. The Village of Antioch invites residents to make handmade, weather-resistant ornaments for the tree, which should be dropped off at the village hall by Nov. 22. Please call the Village of Antioch's Department of Community Services at (847) 395-6342 for more information.

Santa will take up residence at his Enchanted Castle immediately after the tree lighting ceremony. Santa's castle will be found at the municipal lot off of Toft Street under the water tower. Santa will be seeing visitors from Nov. 24 – Dec. 23, 5:30 to 8:00 p.m. on weekdays and 1 to 4 p.m. on weekends. Call the Antioch Chamber of Commerce for more information at (847) 395-2233. By the way, be sure to drop off your letter to Santa (remember to include your return address) in the mailbox outside the Enchanted Castle or mail to:

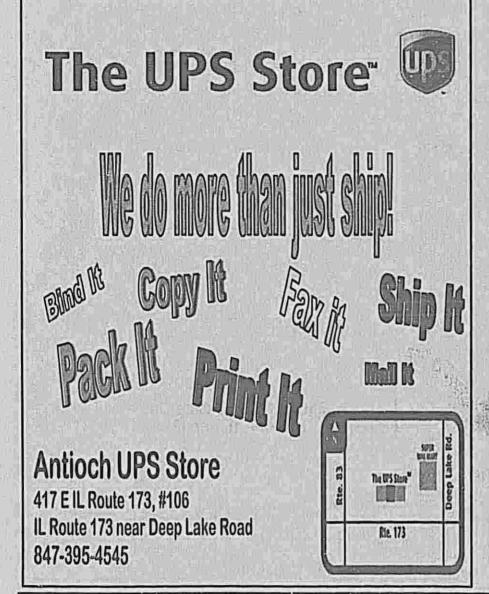
#### Santa's Enchanted Castle c/o Antioch Parks Dept. 806 Holbek Drive, Antioch, IL 60002

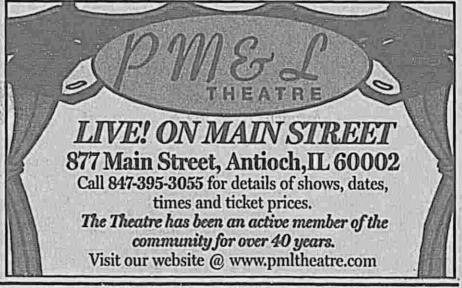
To cap off the festivities, the Chamber of Commerce will be offering a free Christmas movie at the Antioch Downtown Theatre and a free magic show at the PM&L Theatre, both at 10:30 a.m. on Nov. 25.

As the days start getting longer, February marks the annual Daddy Daughter Dance for Antioch residents. This year's dance will take place at Antioch Upper Grade School from 7 to 9 p.m. on Saturday, Feb. 3. Tickets go on sale beginning December 11th. For more information call the Parks Department at (847) 395-2160.

Spring and summer brings Antioch alive with activity. The popular and free "It's Thursday" concerts take place downtown June through August. July is filled with 4th of July celebrations and Antioch's Taste of Summer held the third weekend of July.

Art and Craft Faires are held in downtown Antioch Father's Day weekend in June and the weekend after Labor Day in September. With 140 crafters on hand surrounded by a delightful shopping district, visitors are sure to get a jump on the holidays...again. —By Leslie Glazier-Werner





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